

ROLE OF JALAUKAVACHARAN IN MANAGMENT OF VISHWACHI -A CASE STUDY

Dr. Snehal P. Pujare*¹ and Dr. Vrushali S. Swami²

¹P.G. Scholar, Department of Panchakarma.

²H.O.D. & Professor, MES Ayurved Mahavidyalaya Ghanekhunt, Lote, Khed, Ratnagiri.

Article Received on
11 Feb. 2020,

Revised on 01 March 2020,
Accepted on 21 March 2020

DOI: 10.20959/wjpr20204-17150

***Corresponding Author**

Dr. Snehal P. Pujare

P.G. Scholar, Department of
Panchakarma.

ABSTRACT

There are different *vyadhi* of *vata*, *vishwachi* is one of them. It affects the neck and upper extrimities with symptoms like *ruja* (pain) *toda* (throbbing pain), *stambha* (stiffness), *kriyakashtata* (difficulty in movements) in *bahu*. In this *vatadosha* affects *kandara* and *sira* of *bahu*. This can be correalated with brachial neuritis in modern science. *Raktamokshan* is one of the treatment for *vishwachi*. A case study of *vishwachi* was taken. Which was successfully managed with *jalaaukavacharan*. Patient showed marked improvement in symptoms so it was concluded that *vishwachi* can be managed with

jalaaukavacharan.

KEYWORD: *vishwachi*, *jalaaukavacharan*, brachial neuritis.

INTRODUCTION

Vishwachi is one of the most common type of *vatavyadhi* found in daily clinical practice. In this disease *prakupita vatadosha* affects *kandara* of *bahu* and having radiating pain upto hand.

Being *shoolpradhan nanatamaja vyadhi* this disease shows throbbing pain and tingling sensation from back of neck, shoulder, arm, forearm then all digits of hands. Because of today's era lifestyle, food habits, office work, heavy work people are suffering from this condition which increases incidence of *vishwachi*. According to modern science, *vishwachi* can be corelatd with brachial neuritis. In idiopathic version pathyophysiology is unknown to us. Symptoms of brachial neuritis are as follows, sudden onset pain in neck, shoulder, arm, weakness and difficulty in moving arm and shoulder, having numbness in shoulder. This

symptoms are so severe sometime that they disturb sleep and regular life of person. Treating this condition as early as possible is necessity. According to sushruta in vishwachi raktamokshan for affected area and vatavyadhi chikitsa is recommended. In *ayurveda*, there are two types of *chikitsa* mainly *shodhan chikitsa* and *shaman chikitsa*. Shodhan chikitsa includes panchakarma therapy. The aim of *panchakarma* is purifying the body. Also it is helpful in disease condition to avoid recurrence and although in healthy person to maintain his health and avoid disease. Here *raktamokshan* is one of the best therapy in panchakarma. We had taken *jalaaukavacharan* as measure to get relief from this disease.

CASE REPORT

A 38years old female patient residing in Guhagar visited panchakarma opd on date 06/11/2019 in parshuram ayurvedic hospital Ghanekhunt, Lote, Khed, Ratnagiri, with chief complaints of shoulder pain (right), difficulties in movements of shoulder joint, tingling sensation, stiffness since 2-3 months. she is housewife and she had no any history of major illness. she can't complete her sleep properly due to pain. No any systemic abnormality noted on through examination.

Investigation: BT,CT,BSL(R)

After proper investigation, *jalaaukavacharan* was planned in this case all the procedure was explained to patient and her relatives. All precaution which she should taken after procedure was explained to her. Written consent was taken.

1st sitting (10/11/19) -was done above scapular region (right)

2nd sitting (11/11/19) -was done above right shoulder

3rd sitting (13/11/19) -was on below scapula region on right side

4th sitting (20/11/19) -was done on shoulder

Procedure of jalaaukavacharan

Jalauka was placed over a site (different at every sitting). *jalauka* sucked the blood for 30-45minutes. Meanwhile water sprinkled on it. later *jalauka* detached by its own. After *jalaaukavacharan* *vaman* of *jalauka* is most important part in this procedure. Removal of blood from *jalauka* as fast as possible is necessity. Otherwise if blood remains in *in body of jalauka*. A disease occur in it called as *indramada*. *vaman* of *jalauka* was done with the help of turmeric powder. After *vaman* of *jalauka* it was placed in clean and fresh water. And allow to rest for 7days. Proper dressing of patient with turmeric powder, cotton and gauze was done. Care and precautions were explained to the patient to follow for 24 hours.

| Jalaukavacharan | 0 | 1st sitting | 2 nd Sitting | 3 rd sitting | 4th sitting |
|-----------------|----|-------------|-------------------------|-------------------------|-------------|
| Pain | G4 | G2 | G2 | G1 | G1 |
| Stiffness | G3 | G2 | G1 | G0 | G0 |
| Tingling | G3 | G2 | G1 | G1 | G0 |

Criteria of assesment

Pain

G1-No pain

G2-Mild pain

G3-Slight difficulty in moving due to pain

G4-Much difficulty in moving due to pain

Stiffness in joint

G0-No stiffness

G1-For 5 minutes to hrs

G2-For 2-8 hrs

G3-More than 8 hours

Tingling

G0-No pain

G1-Mild /occasional

G2-Moderate/continuous

G3-Severe /disturb sleep

OBSERVATION AND RESULTS

After 4 session of over treatment we observe that patient pain relieve for around 75 to 80%. In first sitting only patient can move her hand much better than before. This results shows that *jalaaukavacharan* can give best result in *vishwachi*.

DISCUSSION

samprati vighatana plays important role in every disease for its treatment. *samprati* of *vishwachi* includes *samprati ghatak* which are as follows

Dosha:- *vatapradhan* (as *vishwachi* is one of *vata*vyadhi)

Dushya:- *sira* and *kandara* of *bahu*

Vyaktsthan:- *manya*, *bahu*, *hasta*, *parvanguli*

Rogmarg:- *madhyam*

Prakupita vata goes through *kandara* and *sira* of *bahu* and create the *vatavyadhi* i.e. *vishwachi*. *Acharaya charak* says that *sira* and *kandara* are *upadhatu* of *rakta*. So here treatment of *vata* and *rakta* is important. *Raktamokshan* is best *panchakarma* said by *acharya*. So *jalaaukavacharan* can be helpful in breakdown of *doshdushyasamurchana*. By the *raktmokshan* probably there may be breaking down of obstruction (*avarana*) which helps to normalise movement of *vata*, there by restoring the normal circulation and function of *vata*. *Dushita dosha nirharan* improves quality of *raktadhatu*. It acts on *kandara*, *sira*, *mamsa*, *snayu* and corrects the *dhatunirman karma* by the act of *srotoshodhan*. So here *jalaaukavacharan* was planned in 4 session for better result in different parts of affected area.

CONCLUSION

Here we see that *raktamokshan* over affected area is beneficial in *vishwachi*. *Jalaaukavacharan* is quiet helpful in treating this patient. It reduces patient's pain, stiffness and tingling sensation. With all these *vatahara chikitsa* should planned for best results.

REFERENCES

1. Sushrut samhita volume1 (sutra-nidana sthana) by Dr. Anant ram sharma, forward by acharya priya vrat sharma, 75: 469.
2. Sarth vagabhat by Dr.Ganesh krushna garde(L.M.&S)Publish by aA.R.nandurkar,re-edition 2010; 55: 242
3. Charak samhita 2nd part, marath translation by vd. vijay shankar kale, publish by chaukhamba sanskrit pratisthan (delhi)sutrasthan chapter,15(17): 356.
4. Sushruta samhita volume2 (sarira-chikitsa-kalpasthan) by Dr. Anant ram sharma, forward by acharya priya vrat sharma, publish by chaukhamba surbharati prakashan, chikitsasthan chapter, 5(23): 220.
5. [Http://www.slideshare.net-raziask,vishwachi ppt](http://www.slideshare.net-raziask,vishwachi ppt)
6. Ayurvediya panchakarma chikitsa editors by acharya mukundilal dwivedi, chapter, 13.